



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09242, Peaches, canned, extra heavy syrup pack, solids and liquids

Report Date: June 30, 2017 16:56 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves or slices 262g
Proximates					
Water	g	73.19	100	0.192	191.76
Energy	kcal	96	--	--	252
Energy	kJ	402	--	--	1053
Protein	g	0.47	18	0.020	1.23
Total lipid (fat)	g	0.03	4	0.004	0.08
Ash	g	0.25	14	0.011	0.66
Carbohydrate, by difference	g	26.06	--	--	68.28
Fiber, total dietary	g	1.0	--	--	2.6
Minerals					
Calcium, Ca	mg	3	14	0.102	8
Iron, Fe	mg	0.29	14	0.053	0.76
Magnesium, Mg	mg	5	14	0.180	13
Phosphorus, P	mg	11	14	0.332	29
Potassium, K	mg	83	45	1.902	217
Sodium, Na	mg	8	32	0.619	21
Zinc, Zn	mg	0.09	--	--	0.24
Copper, Cu	mg	0.050	--	--	0.131
Manganese, Mn	mg	0.044	--	--	0.115
Vitamins					
Vitamin C, total ascorbic acid	mg	1.2	134	0.063	3.1
Thiamin	mg	0.011	14	0.001	0.029
Riboflavin	mg	0.021	14	0.001	0.055

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves or slices 262g
Niacin	mg	0.520	14	0.021	1.362
Pantothenic acid	mg	0.050	--	--	0.131
Vitamin B-6	mg	0.019	--	--	0.050
Folate, total	μg	3	--	--	8
Folic acid	μg	0	--	--	0
Folate, food	μg	3	--	--	8
Folate, DFE	μg	3	--	--	8
Vitamin B-12	μg	0.00	--	--	0.00
Vitamin A, RAE	μg	7	148	0.138	18
Retinol	μg	0	--	--	0
Vitamin A, IU	IU	131	148	2.752	343
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.003	--	--	0.008
16:0	g	0.003	--	--	0.008
Fatty acids, total monounsaturated	g	0.011	--	--	0.029
18:1 undifferentiated	g	0.011	--	--	0.029
Fatty acids, total polyunsaturated	g	0.014	--	--	0.037
18:2 undifferentiated	g	0.014	--	--	0.037
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.001	--	--	0.003
Threonine	g	0.018	--	--	0.047
Isoleucine	g	0.013	--	--	0.034
Leucine	g	0.027	--	--	0.071
Lysine	g	0.015	--	--	0.039
Methionine	g	0.011	--	--	0.029
Cystine	g	0.004	--	--	0.010
Phenylalanine	g	0.015	--	--	0.039
Tyrosine	g	0.012	--	--	0.031
Valine	g	0.026	--	--	0.068

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves or slices 262g
Arginine	g	0.012	--	--	0.031
Histidine	g	0.009	--	--	0.024
Alanine	g	0.028	--	--	0.073
Aspartic acid	g	0.078	--	--	0.204
Glutamic acid	g	0.071	--	--	0.186
Glycine	g	0.016	--	--	0.042
Proline	g	0.020	--	--	0.052
Serine	g	0.022	--	--	0.058
Other					